Calgary metro

Your essential daily news | MONDAY, OCTOBER 5, 2015

Making our schools a better place.

pg 1

World Teachers' Day

We are teachers: We work to make our schools a better place for students. We teach children and inspire them to greatness. We live in our communities and help to make them stronger. Today we're joining with teachers in over 100 countries to celebrate World Teachers' Day. I'm Mark Ramsankar, a teacher and President of the Alberta Teachers' Association and for all our teachers do each and every day to make a difference, we'd like to say thanks.

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PLAYOFFS

A TEXAS-SIZED SHOWDOWN

Jays to face Rangers in first round of playoffs

metroSPORTS

'KEEP BELIEVING'

THOUSANDS RUN TO SUPPORT BREAST CANCER RESEARCH

metroNEWS

JEREMY SIMES/FOR METRO

Parent groups slam school board's letter

EDUCATION

Information is 'poorly worded, bizarrely timed'

Aaron Chatha
Metro | Calgary

Parent groups are criticizing a letter sent from the Calgary Board of Education to parents on Friday, which included information on school bus changes and explained part of its auditing practices.

"I found it to be a poorly worded, bizarrely timed letter that really doesn't say anything to parents," said Larry Leach, head of the Association for Responsive Trusteeship in Calgary Schools.

In the letter, CBE trustee chairwoman Joy Bowen-Eyre said 25 school buses have been added to help students with long walks to their new congregated bus stops.

The letter also included information on the Board of Trustees' Audit Committee.

In September, the Calgary Association of Parent School Councils (CAPSC) called for an independent review of how the CBE spends its money.

Bowen-Eyre said the CBE accounts for every dollar spent in support of students and routinely reports to the Ministry of Education. She said the ministry has never expressed concerns with the quality of information provided.

"The committee sets the audit plan for the year and then receives the audit financials from an independent auditing firm within town," said Bowen-Eyre. "So it's already a third-party audit."

Lisa Davis of CAPSC responded that an audit just follows the flow of funds, and what they are looking for is an independent review into the use of those funds.

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‘It should be one of the main issues’: REDress

ABORIGINAL WOMEN

Organizers want missing, murdered on political radar

Aaron Chatha
Metro | Calgary

Linda Nothing brought the REDress project from Winnipeg to Calgary. AARON CHATHA/METRO

Organizers of Sunday’s REDress Calgary event called for an inquiry into the missing and murdered indigenous women in Canada — and hoped the issue would become more important in the federal election.

“As a First Nations person, I’m taught to pray for our leadership daily,” said Sandra Manyfeathers, who spoke at the event.

“We do pray for our leaders every day, but it’s really unfortunate that our leadership has chosen not to put this issue on the forefront. They’re not even listening to us.”

As Metro has previously reported, the REDress project aims to raise awareness about missing and murdered indigenous women by asking shopkeepers to hang red dresses outside their home or business.

Manyfeathers spoke to a crowd at a REDress ceremony about her two sisters, one who was murdered in 1991, and the other in 2007.

“She was murdered right along this avenue, 17th Avenue,” said Manyfeathers.

“She was killed in a random act of violence. I believe there was five people stabbed that early morning. Jackie was the only one that died.”

In 2014 there were an estimated 225 missing or murdered indigenous women in Canada, according the RCMP statistics.

> **We are the original people of this land and we are losing our women at an alarming rate.**
> Linda Nothing, organizer, REDress Calgary

Linda Nothing, organizer of the Calgary chapter of REDress, said red is a significant colour on their colour wheel, and it’s visible and catches the attention of people.

She hopes the project will catch on through the country and bring the topic to the forefront of the national discussion.

“I think it should be one of the main issues within Canadian politics,” she said.

“I mean, we are the original people of this land and we are losing our women at an alarming rate.”

TRANSPORTATION

Accessible cabs catch big break

The City of Calgary is giving a break to accessible taxi drivers by lowering their annual fees, but Coun. Shane Keating thinks the city could still do more for drivers.

The break for drivers was passed in the Sept. 26 budget. Plateholders will now pay an annual fee of $220 instead of the usual $877.

Mario Henriques, chief livery inspector for the city, said all accessible plates are driver owned. They can’t be purchased by larger cab corporations.

He said some of the accessible plates recently released by the city require drivers to be out on weekends from 10 p.m. to 4 a.m.

Keating said accessible cab owners face much higher costs than the average cab driver. First they must buy a larger vehicle and then pay $10,000 to $15,000 to add a wheelchair ramp.

They also incur added costs because of the extra weight of the ramp. Heavier cars are less fuel-efficient and suffer more wear and tear.

Keating wants to reduce the fee to a token amount of $5 annually. Saving $872 annually would amount to just under $7,000 in savings over the lifetime of the vehicle.

He would also like to see the city provide grants to these cab owners because the service they offer is necessary.

“We have to offer the service, without question,” said Keating. “I’m just wondering if the city can do more.”

BRODIE THOMAS/METRO

WORD ON THE STREET

Your thoughts on minimum wage bump

Aaron Chatha
Metro | Calgary

I'm a university student, so it matters to me a lot, because I'm not able work the whole week, so it would make a big difference.
Amna Azhar, 19

Definitely, we're going to benefit. Right now it's a really difficult time, so it's going to help people to survive.
Yen Shui, 24

I think it will encourage students to start working more. It's a nice thing, because compared to other provinces, Alberta's minimum wage is a little higher.
Chris Peter, 30

The Pygmies — Jim Blood, Brendan Tincher, Kenna Burima, Ryan Lottermoser — will be performing an original song as part of the Rock Against Harper compilation. HELEN PIKE/METRO

Harper 'ruining rock and roll'

POLITICS

Calgary artists write ballads against PM

Helen Pike
Metro | Calgary

A group of Calgarians says Prime Minister Stephen Harper is ruining rock music — and he must be stopped.

A week before the federal election wraps up, some of Calgary's finest rock musicians will take to the stage with original protest songs they wrote to complete a compilation entitled: Rock against Harper.

"To be a bit tongue-in-cheek about it — we've got to get this guy out of office because he's ruining rock and roll. He's up there butchering these songs, he's hanging out with Nickelback," Seth Leon said. "Kind of the idea (behind the show) was — what if we focused on that as an issue?"

Leon is involved with Lead Now, an advocacy group aiming to engage people on participatory decision-making. He dreamt up an idea to bring artists, musicians and rock fans together over the summer. Although music is part of it, he and other bands on the lineup have many reasons to write songs "against Harper."

"Most people are very in tune with the Harper policies," Leon said. "Canadians are aware of what's going on and care about their country and are interested in these things ... why don't you spend your Friday night out at a pub listening to rock and roll as well."

If it means that ... 500 more people show up to the polls, I think that's worthwhile.
Pete Meadows

His band, the CJs, will be releasing their top secret song on Oct. 16 — the only hint he gave Metro was, "Harper probably won't like it."

Pete Meadows, another performer, said protest songs have kind of gone "out of vogue," but they're slowly coming back.

"There's a pretty rich history of it," Meadows said. "In the '60s, '70s, '80s and '90s it wouldn't seem unusual at all for musicians to be writing protest songs about a particular government."

His band, Minimum Engagement with Brad Stanton and David Marshall, will be contributing two songs to the compilation — one of which is about Bill C51. Meadows said he hopes the show will convince people who weren't planning on voting, or were undecided, to vote against the Conservatives.

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ILM Intensive, a group made up of Islamic scholars and volunteers, say teaching sexual education should happen in the home, but some parents lack comprehensive knowledge.
BRODIE THOMAS/METRO

A guiding hand for Muslim youth

PUBERTY

ILM Intensive supports teens through life's big changes

Aaron Chatha
Metro | Calgary

Puberty is a confusing part of any teenager's life. Strange new body hair, changes in your voice, new odours — and it can be made that much more difficult when a teen's parents come from a country that lacks comprehensive sexual education.

The ILM Intensive, made up of Islamic scholars and volunteers, held a sexual-education seminar for Muslim teenagers on Sunday that was designed to augment what youth learned in schools with religious values.

"In the '60s and '70s, it was all about making sure we had mosques to pray in," said Chris Venus, program co-ordinator. "People were pretty much nose-to-the-grindstone, getting to work, paying their housing bills and stuff like that."

Venus said sexual education is something that should happen in the home, but that's not always a possibility.

"As Muslims, we agree with the idea that this sort of education is something that should happen from the parents' point of view, but often, sometimes, the parents — because they didn't have a more progressive understanding of how it's taught — they won't teach it to their children."

Venus said it's up to the youth, made up of first- or second-generation Canadians, to learn and bring their knowledge back to the community.

He said the one-day seminar, which was divided into boys and girls groups, taught about identity and proper names for parts of the body and focused on teaching abstinence.

"Without a doubt, Islam is an abstinence-based religion," he said. "There's a doctor who said an average of two-thirds of Muslim youth have had some sort of sexual encounter before marriage. This is our attempt at trying to steer away from that."

> **"Without a doubt, Islam is an abstinence-based religion.**
> Chris Venus, co-ordinator

He said that contraceptives, like condoms, were touched upon, but that is mostly taught in public schools.

Like the Islamic group, the Calgary Catholic School District also emphasizes abstinence.

"We would also talk about abstinence," said Brad Sanesh, consultant for religious education and family life. "We believe that our human sexuality — that whole package — is a gift. And with any good gift, there are certain rights and responsibilities, so it's using that gift in the best way possible."

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Thousands Run for the Cure

CHARITY

Event raises more than $1 million in city alone

Jeremy Simes
For Metro | Calgary

Breast cancer turned out to be a blessing for Janis Simmons.

Simmons — who was among thousands of participants at the 24th annual Canadian Breast Cancer CIBC Run for the Cure at Southcentre Mall early Sunday morning — said her cancer wasn't caused by genetics.

Rather, overwork, general unhealthy habits and stress caused it, she admitted.

Simmons said she was diagnosed five years ago on St. Patrick's Day and, after undergoing intensive chemotherapy and a double mastectomy, has since been cancer-free for about four years.

"My life wasn't so great, even before the cancer," she said. "And it also wasn't an easy journey when I was undergoing treatment. But my life is so awesome now — that even though it was really tough then — I'd go through it all over again for the end result."

Even though she's cancer-free, she hasn't stopped coming back to the walk every year, she said.

"Honestly, like this (event) is my life," she said. "If funds from this event didn't go to cancer research, I probably wouldn't be here."

The event raised $1.33 million this year in Calgary alone, said Kate Pointon, who was part of organizing the more than 500 volunteers.

"It's been amazing this year with a lot of support from the community," she said.

Even though the support's been great, Suzanne Thomasson — who was there for two of her friends with breast cancer — said she hopes there will no longer need to be fundraising events in the future.

"I'd just like to see that we don't have to do this any more," she said. "It'd be nice to see the numbers get better, so there's a lot more survivors and a lot less sad stories.

"But, this is the least we could do to show our support and do whatever it takes to raise money," she added.

Simmons said people still struggling with cancer shouldn't give up hope.

"Keep believing," she said. "That's what got me through."

> **"It also wasn't an easy journey when I was undergoing treatment. But my life is so awesome now.**
> Janis Simmons

6,837

Number of people who registered to walk or run at this year's CIBC Run for the Cure.

$1.33M

Amount raised this year to further breast cancer research.

Tia Reimer and her daughter Tasha Hickie, top, were out supporting Hickie's nana, whose breast cancer has travelled to her bloodstream; Janis Simmons, above left, has been free of breast cancer for four years, but comes to the CIBC Run for the Cure every year; Debbie Liddell, Linda Sayles and Cheryl Edwards, above right, show their support on Sunday. JEREMY SIMES/FOR METRO

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Police reveal data linking crime and oil

REPORT

Mayor says Edmonton is handling rest of Alberta's ills

Ryan Tumilty
Metro | Edmonton

Challenged to "prove" the drop in oil prices was linked to higher rates of crime in Edmonton, police Chief Rod Knecht has released the numbers.

Knecht linked falling oil prices and rising crime numbers during media interviews last week and Mayor Don Iveson said it was a sign Edmonton frequently has to handle all of northern Alberta's social problems.

Wood Buffalo Mayor Melissa Blake said northern communities were being painted unfairly.

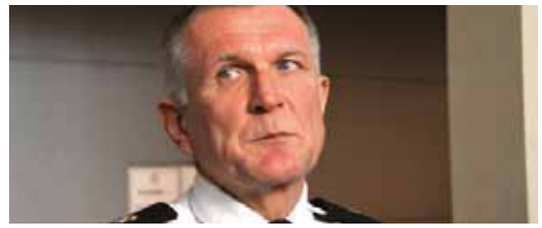
"To say the stuff that happens in Fort McMurray causes impacts here in Edmonton directly is just not right," she said. "I'm here to say we're not that easy to blame. Prove it."

Police released numbers Sunday that appear to show the link between crime and oil. The force used reported numbers of eight crimes, including four violent and four property crimes, to show the connection.

In January, 2013, when oil was at nearly $95 a barrel, there were 1,692 reported crimes, but in January 2015, with oil sitting near $47, that number increased to 2,019, according to reports.

City Coun. Scott McKeen said he sees no reason to pit cities against each other in this debate.

"This isn't an Edmonton versus Fort McMurray issue," he said.



Edmonton Police chief Rod Knecht provided numbers this weekend to support his assertion that failing oil prices have lead to higher crime rates. CONTRIBUTED

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PHILANTHROPY

Central Library receives $1-million donation

The New Central Library is $1 million closer to realizing its goal of becoming world class after accepting a donation Saturday.

The Calgary Public Library Foundation recognized Linda and Mike Shaikh's $1-million donation at Saturday's naming and unveiling ceremony for the New Central Library.

"We are proud to join with other Add In Founding Partners — leaders in creating this legacy for Calgary through philanthropic investment in the Library," said Mike Shaikh. "It is our gift to future generations."

"The library is about building human potential and this gift will be not only an investment in the library but in the learning needs of our community," said Brent Buechler, vice-president of the Calgary Public Library Foundation.

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READY TO ENGAGE

Metro's coast to coast daily election series connects young, urban Canadians to the issues they care about

'I've seen Canada be a very accepting society'

ROSEMARY WESTWOOD
in Toronto

Blawal Aleem, 21, knows the value of a vote.

In Pakistan, where his parents are from, Ahmadiyya Muslims such as Aleem are prevented from casting a ballot unless they declare themselves non-Muslims, and so most do not vote.

This federal election — his first — is "very interesting," he says, "but in terms of who I want to vote for, I'm clueless, because when it comes to Muslims, specifically, there's a lot of issues present."

Chief among them, the niqab debate. "I'm strictly against the niqab ban because I don't think it falls in line with Canadian values." And the fact that two federal courts have ruled against the ban shows he's right, he says.

He'd thought in previous years that the Conservatives, overall, had been "pretty good." "But ever since this niqab issue has shown up, I haven't been too sure which way to sway," he says.

To Aleem, nothing matters more than preserving an image of Canada he holds dear — where immigrants are welcomed, instead of feared. Where everyone is treated as an equal, regardless of background or religion.

"I think being born into Canada, I've seen Canada be a very accepting society of others, and I want to ensure that, for me and future generations, it continues to be the same," he says.

Aleem was born in Toronto, raised in Vaughan, and will be voting in the tight race in King-Vaughan, where the Conservative candidate has come under fire for homophobic and misogynistic Facebook posts that he has said do not match his values. The riding's recent polls show the Liberals and Conservatives neck and neck, and the NDP slightly behind.

Soon to graduate with a business IT degree from Ryerson University, Aleem isn't swayed by some politicians' promises to cut tuition fees and student debt. "In the short term that would seem beneficial, but in the long term I'm not sure that would be too beneficial because in the end that's just coming out of our pockets," he says.

Adding to his confusion is the fact that all the leaders have done pretty well in the debates, he noted. He likes that the Liberals reject the Conservatives' stance on the niqab ban, but notes he's against Liberal-supported bills C-51 and C-24.

"There's been a lot of talk of how Islamic values contradict Canadian values, but I don't really see that, because I believe that Islamic and Canadian values fall in line with each other," he says. "People may say, 'You're a Muslim. What's your stance on ISIS and what's your stance on violence?' and I straight out condemn it, because that's a minority that's ruining it for the majority.

"I do feel that in some way I have to clear up misconceptions," he adds, "because I've seen the recent rise in Islamophobia. People are going to look at us and say, 'These are from the same group of people,' and we're really not."

Aleem says he won't be swayed by religion or race. "Regardless of whether someone is white or black, even if they're Muslim, that doesn't mean they're necessarily representing me. If they have the right policies, I'm all for them."

Rosemary Westwood is travelling across the country talking to young voters. She'll be in Toronto again tomorrow.

VOTER PROFILE

Name: Blawal Aleem **Age:** 21 **Riding:** King-Vaughan
His issues: Niqab ban/Canadian values

Students unimpressed by federal parties' messaging

CALGARY

Platforms target youth with hashtags, catch phrases

Jeremy Simes
For Metro | Calgary

A sample of the Conservative Party's pamphlets that have recently been spotted at the University of Calgary. CONTRIBUTED

Some University of Calgary students don't appreciate Canada's major political parties dumbing down their messages to win their votes.

Their reactions are a result of Conservative Party pamphlets that have been spotted on the university campus and which are circulating on social media.

The pamphlets read, "Let the lefties run your campus. Help the Conservatives run the country," and, "Dropping taxes for families. Dropping bombs on ISIS. Dropping crooks in jail."

But it isn't just the Conservatives using one-line zingers: The Liberals and the NDP are both using hashtags and catch phrases to attract the youth vote.

The Young New Democrats use an image of a backpack on their website, with a question that reads, "What's Stephen Harper putting in your backpack?"

The Young Liberals aren't jabbing at the other parties. Rather, the group is using #GenerationTrudeau to only focus on the Liberal leader, asking youth to join the fight for "real change."

The Young Greens take aim at the Conservatives on their Take Action page, which calls young people to ensure it's "Harper's last term as Prime Minister."

Adam Kostiuk, a University of Calgary student, said he doesn't enjoy single-issue politics — students are multifaceted when it comes to political issues.

"To think (parties) can come here and appeal in a strong, simple ideology in a straightforward way is out of touch," he said.

"That's not a way to get university students' attention," added U of C student Bonnie Trafford. "We are all intelligent people here, and that (simple approach) doesn't really resonate."

U of C student Justin Lorincz said one-liners are a bit of a joke.

"It seems like (parties) aren't taking it seriously," he said.

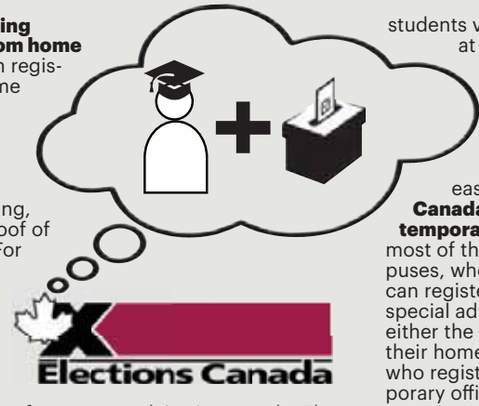
"It also annoys me when they only point out the bad things of another party," he added. Referencing the Conservatives' pamphlets, Trafford said the only thing she got out of it was a good chuckle.

"It's not going to get any of our attention, aside from a laugh," she said. "If people already agree (with the Conservatives), then they'll probably be happy with (the pamphlet). But for others who are undecided, I don't think it does much."

BY THE NUMBERS

Exercising the Franchise 101

Elections Canada, whose own research shows that a mere 38.8% of eligible voters between 18 and 24 cast ballots in the 2011 election, is hoping a new pilot project, which starts today on campuses across Canada, will boost that number.



Students attending schools away from home can either remain registered in their home ridings and vote there — by mail or by travelling on election day — or register in their school's riding, by presenting proof of local residency. For many out-of-town students, the added difficulty involved with either of these options is enough to prevent them away from casting a ballot, and explains in part why Elections Canada found that students voted in 2011 at an even lower rate than the general 18-24 population.

Starting today, to make things easier, **Elections Canada is opening temporary offices** on most of the country' campuses, where students can register and cast a special advance ballot, in either the local riding or their home ridings. Those who register at the temporary offices still need two pieces of ID, one of which has an address.

NDP casts shadow on trade deal

ELECTION 2015

Mulcair insists his party won't be bound by 'secret' pact

With the possibility Canada could join a massive Pacific Rim trade deal within hours, Tom Mulcair tried to cast his NDP on Sunday as the only party ready to stand up to the Conservatives on a pact he insisted could hurt Canadian farmers and manufacturers.

"The NDP, when we form government on Oct. 19, will not be bound by this secret agreement that Mr. Harper has been negotiating," the NDP leader said at a campaign stop in Brantford, Ont.

Mulcair made the comments as his campaign rolled across southwestern Ontario with half-a-dozen planned stops, including the cities of London and Sarnia.

While in Waterloo, Mulcair warned a crowd of 300 of what the controversial, 12-country Trans-Pacific Partnership could do to the region's farmers.

NDP Leader Tom Mulcair speaks to supporters in Sarnia, Ont. RYAN REMIORZ/THE CANADIAN PRESS

His whistle-stop tour took place as negotiators in Atlanta tried to seal the deal on a long-awaited agreement.

In an effort to conclude the agreement, negotiators held a series of all-night sessions pushing the meeting three days beyond its original schedule.

Mulcair has been trying to burnish his social-democratic credentials by insisting he won't be bound by a Conservative deal on the Trans-Pacific Partnership, which would create the world's largest trade zone.

It remains to be seen whether Mulcair's blitz would jumpstart the NDP campaign, which recent polls suggest has been stalling.

Mulcair has hammered away on the importance of upholding the country's supply management system for dairy and poultry farmers.

Foreign negotiators have said Canada's protectionist system would have to be opened up for a deal to be reached, though it remains unclear what concessions might be made by the federal government.

The Conservatives have insisted they would keep the supply-management system intact amid political pressure from opponents, provincial governments and the dairy lobby.

But the federal government has left open the possibility it could allow for an additional, if limited, share of foreign goods into Canadian grocery stores.

A TPP deal, which the government has said would boost the Canadian economy as a whole, could also have a similar effect on the auto sector.

THE CANADIAN PRESS

LIBERALS' STANCE

Trudeau says agreement will get a long look

A new Liberal government would take a long look at any trade deal signed by the Tories before deciding whether to uphold it, party leader Justin Trudeau said Sunday in Brampton after a boisterous and crowded rally with dozens of Ontario candidates.

On Sunday, 12 countries including Canada appeared on the verge of creating the world's largest regional trade zone, which would usher in a series of economic changes on four continents and prompt months of heated debate.

THE CANADIAN PRESS

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Ready to vote
October 19, 2015

Elections Canada

Canadian Al Jazeera English journalist Mohamed Fahmy greets cameramen after being released from Torah prison in Cairo, Egypt, Sept 23. AMR NABIL/THE ASSOCIATED PRESS

SENATE

PM's inbox flooded with angry emails

Angry Canadians called for Sen. Don Meredith to be removed from the Senate after allegations emerged that he had an improper relationship with a teenager.

The demands for Meredith – who is facing the prospect of a police investigation into the allegations – to lose his Senate seat landed in the Prime Minister's Office inbox, according to emails obtained by The Canadian Press.

Some Canadians had seemingly been pushed too far by yet another senator caught in a scandal and, more specifically, another one appointed by Stephen Harper.

"Man o man…couldn't you have put some half decent people on the Senate payroll?" one email read.

Another message was just as blunt: "Holy Hannah, has there been anyone nominated by Harper to the Senate that hasn't brought shame to Canada?? How is it indeed possible to have so many senators nominated by one prime minister go in the ditch?"

Meredith could face a police probe into allegations following a Toronto Star report that alleged he had a sexual relationship with a 16-year-old girl, who is now 18.

THE CANADIAN PRESS

"Couldn't you have put some half decent people on the Senate payroll?

One of the emails Prime Minister Stephen Harper received regarding Sen. Don Meredith

A national discussion

ELECTION 2015

Fahmy to meet with Trudeau, Mulcair when back in Canada

In the midst of a heated federal election campaign, a Canadian journalist who fought terror charges in Egypt for nearly two years will be returning to Canada with a clear message for all parties vying to form the next government: Ottawa needs to do more to help citizens detained abroad.

Mohamed Fahmy said he doesn't want to get political, but he wants to trigger a national conversation when he returns home.

"I will start a constructive debate about the Canadian government's handling of the case and how foreign policy in dealing with such emergencies could be improved to protect Canadians who could be in a similar situation like mine, or worse," he said in an interview. "Our trial should be a case study that could benefit so many."

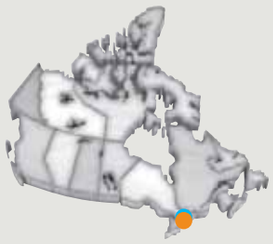
The 41-year-old plans to accept invitations he's received to meet separately with NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau.

"I'm not endorsing or pledging allegiance to anyone," he said. "But … I really want to meet them in person and thank them, because they stood beside me, very much so when I needed the support."

Fahmy said Mulcair and Trudeau appealed to Prime Minister Stephen Harper when he needed it the most, particularly when, while out on bail in Cairo during his second trial, he was left without a Canadian passport.

THE CANADIAN PRESS

WHERE THE LEADERS ARE MONDAY



- **Stephen Harper** will be in Richmond Hill, Ont.
- **Tom Mulcair** is scheduled to make an announcement in Toronto.

Justin Trudeau's and **Elizabeth May's** itineraries were not available.

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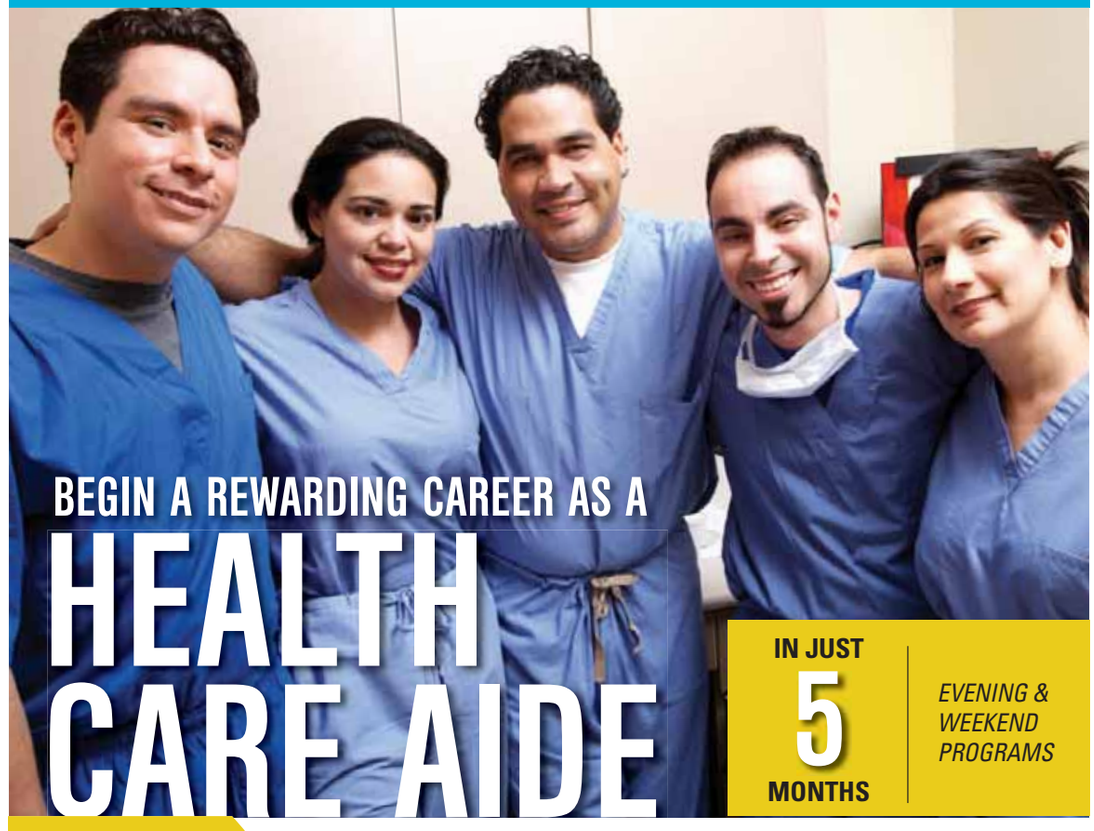

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IN BRIEF

Debris, oil sheen found during ship search

Rescuers spotted floating debris and an oil sheen Sunday as U.S. crews continued an intensive search off the southeastern Bahamas for a U.S. cargo ship with 33 people on board.

The ship, the 790-foot El Faro, has been missing since it lost power and was taking on water in fierce seas churned up by Hurricane Joaquin.

The U.S. Coast Guard has not yet been able to confirm whether the debris and oil is from the El Faro.

THE ASSOCIATED PRESS

Joaquin weakening

Bermuda was lashed Sunday by gusting winds and pelting rains from Hurricane Joaquin as its spinning centre tracked just southwest of the wealthy tourist destination.

After roaring across parts of the Bahamas as a major Category 4 hurricane, Joaquin weakened as it headed north. By early Sunday afternoon, forecasters said sustained winds had dropped to 165 km/h, making it a Category 2 storm.

THE ASSOCIATED PRESS

Airstrike kills 22

AFGHANISTAN

MSF leaves Kunduz after hospital hit in northern city

International medical charity Doctors Without Borders said on Sunday it had withdrawn from the northern city of Kunduz after a deadly airstrike destroyed its hospital and killed 22 people.

The city briefly fell to the Taliban last week before the government launched a counter-offensive, and the humanitarian situation within it has been growing increasingly dire, with shops shuttered because of ongoing fighting and roads littered with mines planted by insurgents.

"All critical patients have been referred to other health facilities and no MSF staff are working in our hospital," said Kate Stegeman, the communications manager for Doctors Without Borders, using the French acronym for the organization.

"Some of our medical staff have gone to work in two hospitals where some of the wounded have been taken," she added.

An explosion burned out this Doctors Without Borders medical facility Saturday.

THE ASSOCIATED PRESS

Investigations into the bombing continue. MSF announced Sunday three injured patients had died, bringing the total to 10 in addition to 12 dead staffers.

The charity said in a statement Saturday that "all indications" placed responsibility on the international military coalition, and Army Col. Brian Tribus, a spokesman for American forces in Afghanistan, said a U.S. airstrike "in the Kunduz vicinity" around 2:15 a.m. Saturday morning "may have resulted in collateral damage to a nearby medical facility."

Afghan officials said helicopter gunships returned fire from Taliban fighters who were hiding in the hospital, but Stegeman said there were no insurgents in the facility at the time of the bombing.

President Ashraf Ghani said a joint investigation was underway with U.S. Forces and President Barack Obama said he expected a full accounting of what happened. THE ASSOCIATED PRESS

LIBYA

95 bodies washed ashore

The bodies of at least 95 migrants have been found washed ashore in Libya over the past five days, a spokesman for Libya's Red Crescent said Sunday.

Mohamed al-Masrati said Red Crescent scouts found 85 of the corpses near Libya's capital Tripoli and 10 near Sabartha, a Libyan coastal city that is a main launching point for smugglers' boats headed to Europe. He says most of the deceased are migrants from other African countries.

Thousands seeking a better life in Europe cast off from Libya, hoping to reach Italy. The International Organization for Migration says more than 2,600 have died in 2015 on the Central Mediterranean route.

Smugglers have exploited Libya's internal turmoil to ship thousands of desperate migrants into the Mediterranean.

"Up to today there are more than 550,000 internally displaced people in Libya due to the current conflict in Benghazi and other places, and we believe this number will increase to at least 600,000," said al-Masrati.

THE ASSOCIATED PRESS

MISSING PLANE

Search affected by bad weather

For a second day, searchers failed to locate a plane with 10 people on board that went missing in eastern Indonesia, officials said Sunday.

The search for the DHC-5 Twin Otter turboprop plane, owned by the Aviastar Mandiri airline, was again hindered by bad weather and rough terrain, said Henry Bambang Soelistyo, the head of Indonesia's National Search and Rescue Agency.

The plane lost contact with air traffic controllers 11 minutes after taking off in good weather. It was on a routine flight to Makassar, the provincial capital, carrying three crew members and seven passengers, including three children. No distress signal was received. THE ASSOCIATED PRESS

THAILAND

Boot camp discipline for hazers

At a military facility outside Bangkok, a drill sergeant barks orders at a group of film students learning the hard way that creative licence has its limits in Thailand.

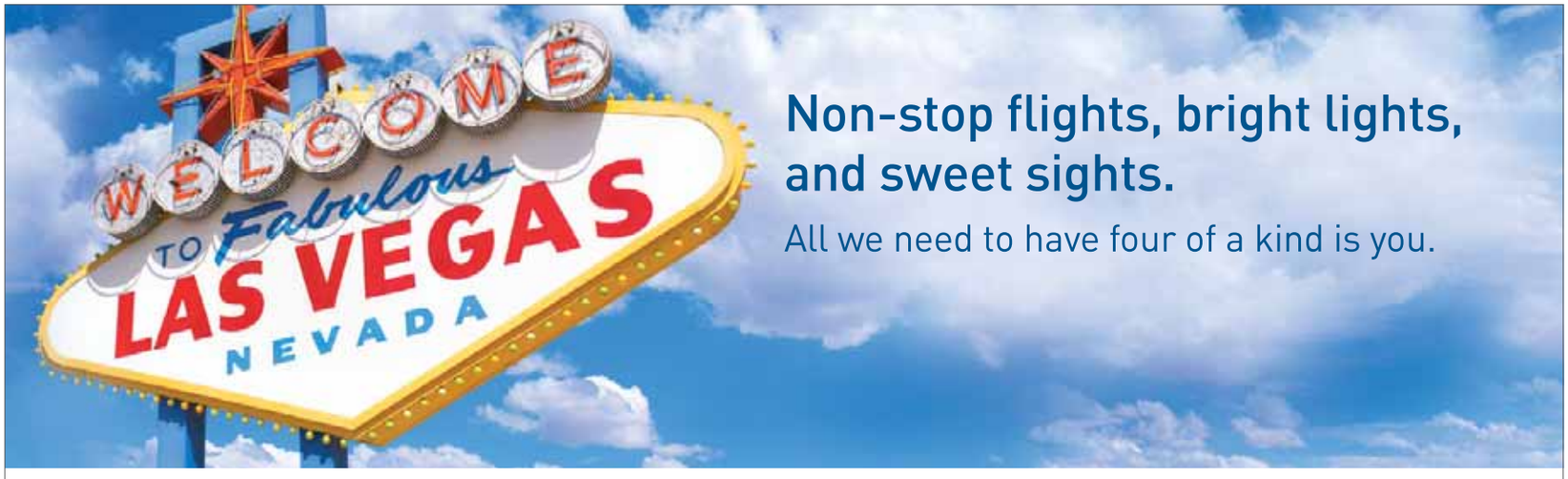
"You are here to learn discipline," the officer shouted. "Do you understand?"

"Yes, sir!" shouted back the group of 53 aspiring artists.

In Thailand, this is how university hazing is handled. The offence: a video posted online that showed a half-dozen fully clothed freshman doing an erotic dance as upperclassmen cheered.

The military junta that seized power over a year ago pioneered the idea of "attitude adjustment" as a technique to silence critics. Now there are signs the mentality is being applied to civilian issues — like college discipline.

THE ASSOCIATED PRESS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Lawmaker says son died for ISIL

Parliament member Mazen Dalaeen speaks in a condolence house in Amman on Sunday. RAAD ADAYLEH/THE ASSOCIATED PRESS

JORDAN

Father says the med student's radicalization was very quick

A Jordanian parliament member said he learned from media linked to the Islamic State of Iraq and the Levant (ISIL) that his son carried out a suicide attack in Iraq, three months after dropping out of medical school and joining the extremist group.

"My son had everything — a family, money and studying medicine — but he was controlled by terrible thoughts," said Mazen Dalaeen.

On Sunday, the family observed the last day of the traditional three-day mourning for 23-year-old Mohammed Dalaeen. The family is from the town of Ai, also home to a fighter pilot captured by ISIL late last year and burned alive in a cage.

The legislator said his son had changed rapidly in a short period and that at the beginning of the year he had participated in a solidarity march for the pilot.

The legislator said he last saw Mohammed in Ukraine in June.

"I noticed that his behaviour had changed completely," Dalaeen said Saturday. "He had become isolated" and had grown a large beard. Dalaeen said he told his son he would cut ties with him if he didn't drop his support for ISIL. The next day, Mohammed left for Turkey.

Mohammed later reached out on Facebook, telling his father he was in Syria and had joined ISIL.

"He was very cruel with me, as if he wasn't my son," Dalaeen said. THE ASSOCIATED PRESS

ISRAEL

Palestinians kept out of the Old City

In an unprecedented measure, Israeli police barred Palestinians from Jerusalem's Old City on Sunday in response to stabbing attacks that killed two Israelis and wounded three others, as Israel's prime minister vowed a "harsh offensive" to counter rising violence.

Tensions have flared in recent weeks over an Old City holy site sacred to Muslims and Jews, a series of "lone wolf" attacks on Israelis and a security clampdown, which on Sunday saw Israeli troops launch a bloody arrest raid in the West Bank.

The latest spike in violence comes at a time when many Palestinians no longer believe statehood through negotiation is possible. Israeli commentators raised the possibility of a third uprising, though Palestinian President Mahmoud Abbas has so far prevented major outbreaks of violence despite his growing friction with Israeli Prime Minister Benjamin Netanyahu.

In response to the recent violence, Israeli police said they would prevent Palestinian residents of Jerusalem from entering the Old City for two days during a Jewish holiday. Palestinians who live, work and study within the Old City, as well as Israelis and tourists, will be allowed in.

Some 300,000 Palestinians live in Jerusalem, making up about a third of the population. Jerusalem expert Danny Seidemann said it is the first time since Israel captured the Old City in 1967 that it has prevented Jerusalem's Palestinians from entering.

In the latest attack, Israeli police say, a Palestinian teenager stabbed and moderately wounded a 15-year-old Israeli early Sunday morning in Jerusalem before being shot dead by Israeli police.

> **We are in an all-out war against terror.**
> Benjamin Netanyahu

Israeli TV showed footage of the alleged assailant walking along the city's light-rail tracks as bystanders screamed, "Shoot him!" In the video, a police car arrives on the scene, multiple gunshots are heard, and the attacker is then seen lying on the ground.

The attack came hours after a Palestinian teen fatally stabbed two Israelis in the Old City and wounded the wife and toddler of one of the slain men, before the attacker was shot dead by an Israeli police officer.

Tensions have soared in recent weeks over a major holy site known to Jews as the Temple Mount and to Muslims as the Noble Sanctuary, the site of the Al-Aqsa Mosque. Israeli police and Palestinian demonstrators have clashed repeatedly there in recent weeks. THE ASSOCIATED PRESS

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Downpour cripples state

SOUTH CAROLINA

About a third of area's yearly rain comes in 24-hour gush

Hundreds of people were rescued from fast-moving floodwaters Sunday in South Carolina as days of heavy rain hit a dangerous crescendo that buckled buildings and roads, closed a major East Coast interstate highway route and threatened the drinking-water supply for the capital city.

The powerful rainstorm dumped more than 30 centimetres of rain overnight on Columbia, swamping hundreds of businesses and homes. Emergency workers waded into waist-deep water to help people trapped in cars, dozens of boats fanned out to rescue people and some were plucked from rooftops by helicopters.

Officials said it could take weeks or even months to assess every road and bridge that's been closed around the state. Several interstate highways around Columbia were closed, and so was a 120-kilometre stretch of Interstate 95 that is a key route connecting Miami to Washington, D.C., and New York.

A woman walks down a flooded street in Charleston, S.C., on Sunday. U.S. President Barack Obama declared a state of emergency and ordered federal aid to bolster state and local efforts as flood warnings remained in effect for much of the East Coast. CHUCK BURTON/THE ASSOCIATED PRESS

"This is different than a hurricane because it is water, it is slow moving and it is sitting. We can't just move the water out," South Carolina Gov. Nikki Haley said at a news conference.

> **Please heed our warning! Do not venture out!**
> Columbia police department

One death was reported in the area on Sunday, bringing weather-related deaths to seven since the storm began days earlier.

People were told to stay off roads and remain indoors until floodwaters recede, and a curfew was issued for Columbia and across two surrounding counties. The capital city told all 375,000 of its water customers to boil water before drinking because of water-line breaks and the threat of rising water to a treatment plant. Nearly 30,000 customers were without power at one point.

State forecasters said another five to 15 centimetres could fall around the state, and it could be Tuesday before skies are sunny.

Local officials counted several hundred water rescues by mid-morning before Columbia Fire Chief Aubry Jenkins said in an interview that there were too many rescues to keep count.

One of the hardest-hit areas in Columbia was near Gills Creek, where a weather station recorded more than 45 centimetres of rain — or more than a third of the city's average yearly rainfall — nearly all of it in 24 hours. The creek was three metres above flood stage, spilling floodwaters that almost reached the stoplights at a four-lane intersection.

Emergency shelters were being opened around the state for displaced residents, and President Barack Obama declared a state of emergency in South Carolina.

THE ASSOCIATED PRESS

IN BRIEF

Thousands flee typhoon as it crashes into China

A typhoon roared into southern China on Sunday, bringing powerful winds and rain to the region after leaving one dead and 30 fishermen missing in the Philippines.

Nearly 200,000 people in southern China were evacuated before Typhoon Mujigae made landfall near the city of Zhanjiang just after 2 p.m., according to the National Meteorological Center.

As of Sunday evening, there were no reports of injuries or damage.

THE ASSOCIATED PRESS

Flash floods leave at least 16 dead in French Riviera

In minutes, torrential rains transformed the postcard-perfect French Riviera into a terrifying flood zone, leaving at least 16 dead, trapping hundreds and halting traffic along the mud-drenched coast on Sunday.

Victims were found dead in a retirement home, campsites and cars submerged in a tunnel.

THE ASSOCIATED PRESS

PUMPKIN NOT THE RUNT OF THE PATCH Robert Jaser embraces his Atlantic Giant pumpkin at the palace in Ludwigsburg, Germany, Sunday. Weighing 812.5 kilograms, the pumpkin won the German championship title. DANIEL MAURER/DPA VIA THE ASSOCIATED PRESS

Pope talks marriage

VATICAN

Francis holds meeting on issue of marriage

Pope Francis opened a divisive meeting of the world's bishops on family issues Sunday by forcefully asserting that marriage is an indissoluble bond between man and woman. But he said the church doesn't judge and must "seek out and care for hurting couples with the balm of acceptance and mercy."

Francis dove head-on into the most pressing issue confronting the meeting of 270 bishops during a solemn Mass in St. Peter's Basilica: How to better minister to Catholic families experiencing separation, divorce and other problems when the church's teaching holds that marriage is forever.

He insisted that the church cannot be "swayed by passing fads or popular opinion." But in an acknowledgment that marriages fail, he said the church is also a mother, who doesn't point fingers or judge her children.

"The church must search out these persons, welcome and accompany them, for a church with closed doors betrays herself and her mission and instead of being a bridge, becomes a roadblock," he said.

One of the major debates at the synod is whether divorced and civilly remarried Catholics can receive Communion.

Francis launched the synod process two years ago by sending out a 39-point questionnaire to bishops, parishes and ordinary Catholic families around the world asking about their understanding of and adherence to church teaching on family matters.

Their responses showed a widespread rift between official Catholic teaching and practice, particularly on sex, marriage and homosexuality.

A first meeting of bishops ended last October with no consensus on how to better welcome gays and divorced and civilly remarried Catholics in the church.

> **A church with closed doors betrays herself and her mission ...**
> Pope Francis

Conservatives insisted that Catholic doctrine is clear and unchanging.

Progressives acknowledged the doctrine but sought wiggle room in pastoral practice.

In the ensuing 12 months, both sides have dug in and sparks are expected to fly in Round 2. In fact, few Vatican meetings have enjoyed as controversial a run-up as this one.

There have been allegations of manipulation and coercion; secret caucuses to plot strategy; de-facto laws passed to take the wind out of the debate.

THE ASSOCIATED PRESS

KENTUCKY

Details of clerk's meeting with Pope unclear

The lawyer for a Kentucky county clerk who refused to issue licences for gay marriages stood onstage in a Washington, D.C., hotel and pointed to a photo on the screen. It showed 100,000 people packed into a Peruvian soccer stadium, and Mat Staver told the crowd, they were all there to pray for the Kentucky clerk battling against gay marriage.

The crowd erupted.

It wasn't true.

Staver's firm, the Liberty Counsel, which revealed Rowan County Clerk Kim Davis' secret meeting with Pope Francis, has been accused by advocacy groups of peddling misrepresentations in the past. Yet it has become the main source of details about the controversial meeting with the pontiff.

Online sleuths quickly debunked the Peru story Staver told at the Values Voter Summit, a conference for the conservative Family Research Council. The photo was from a year-old gathering unrelated to Davis, who spent five days in jail for defying a court order and refusing to licence gay marriages.

Staver could provide no evidence of a massive Davis rally. On Monday, he called it a mistake and blamed miscommunication with the Peruvian authorities who gave him the photo.

The next day, the firm dropped a bombshell. It said Pope Francis, on his celebrated visit to America, secretly met with Davis.

The Pope hugged her, thanked her for her courage and told her to "stay strong," Liberty Counsel said. The Vatican on Friday said the pontiff had a brief meeting with Davis that should not be seen as support for her stance.

THE ASSOCIATED PRESS

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RBC eyes voice ID service

BIOMETRICS

Banks striving for innovation to stem tech-savvy startups

Phone passwords and security questions could soon become obsolete as financial institutions race to implement technology that can verify a client's identity based on the characteristics of their voice.

After a successful pilot project last summer, Royal Bank is rolling out "voice biometrics" technology that can identify clients who phone the bank's call centres, in a matter of seconds.

Customers will have to opt in to the service, which is being phased in over a three-month period and has been created by tech firm Nuance Communications.

RBC says it is the first Canadian company to implement technology that can create and identify a client's "voiceprint," which consists of more than 100 different characteristics such as the client's pitch and accent, in the course of a regular conversation.

Royal Bank is phasing in its new system over three months. Proponents of the technology say it will improve security. THE CANADIAN PRESS FILE

Manulife implemented similar technology for its banking clients and its retail advisers back in September, although users have to say a predetermined phrase — "At Manulife, my voice is my password" — in order for their voices to be verified.

> **You can't steal a voice.**
> Joanna Lohrenz

In addition to speeding up the customer service process — agents can immediately begin addressing a client's needs rather than peppering them with a series of security questions. Proponents of the technology say it will also boost security.

"It's easy to pick up a piece of mail and look at someone's confidential information, but you can't steal a voice," said Joanna Lohrenz, vice president of contact centres and customer experience at Manulife.

Financial institutions have been striving to innovate in response to changing customer expectations and pressure from more agile, tech-savvy startups that threaten to snatch some of their market share.

Earlier this year CIBC opened an innovation lab in Toronto to experiment with a variety of new technologies, including voice authentication similar to Apple's Siri, that would allow customers to use their voices not only to access their accounts but also to perform a variety of tasks such as pay bills, transfer money and even seek advice about budgeting.

CIBC is currently conducting research to determine how much appetite clients have for voice-authenticated banking.

THE CANADIAN PRESS

IN BRIEF

Google is now 'Alphabet'

Google Inc. on Friday completed the move to reorganize as Alphabet, and its stock will begin trading as Alphabet on the Nasdaq under the same tickers "GOOG" and "GOOGL" on Monday. Google said in August it would create a new company that would oversee both its lucrative Internet business and its growing flock of other ventures like building self-driving cars and researching ways to prolong human life.

THE ASSOCIATED PRESS

Facebook jazzes profiles

Facebook is testing new profile videos that can be created from phones and would replace a still profile photo. The seven-second, looping videos play automatically when you look at a profile page. For now, only some iPhone users in California and the U.K. can make them. Any Facebook user can see them. Facebook Inc. doesn't have a specific date for when it will expand the feature.

THE ASSOCIATED PRESS

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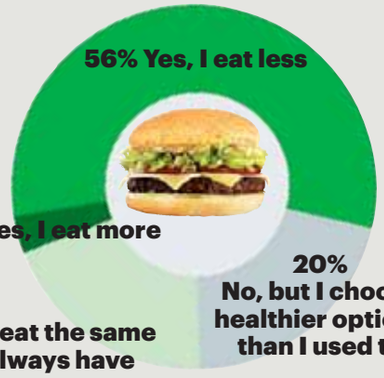
metro VIEWS
Your essential daily news
Monday, October 5, 2015

Metro MONDAY POLL
Would table service and automated ordering make you eat more fast food?

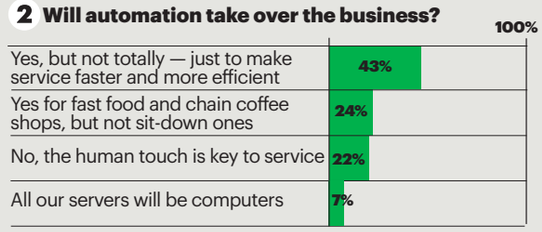
Visit metronews.ca **every Friday to have your say.**

Last week, McDonald's Canada blew up the way it does business, adding touch-screen kiosks and table service, along with dozens of new burgers, cheese, bun and topping combinations to keep up with the trend of customization over comfort food. Traditional greasy fast fare has declined in recent years as people choose to drive by the drive-thru in favour of options like Chipotle. Metro asked readers, have these changes affected what you choose to chow down on?

1 Have you changed how much fast food you eat?



2 Will automation take over the business?


100%
Yes, but not totally — just to make service faster and more efficient 43%
Yes for fast food and chain coffee shops, but not sit-down ones 24%
No, the human touch is key to service 22%
All our servers will be computers 7%

3 What changes might make you eat more fast food?

37% More fresh, healthy choices
19% Lower prices
17% More breakfast options all day
6% Nothing. Fast food is gross and I avoid it
5% More attention to food allergies, sensitivities and preferences (i.e. more nut-free, dairy-free, gluten-free or vegetarian options)
5% More restaurants near where I live / work
5% Make it automatic so I don't have to talk to anyone
4% Nothing, I already eat enough/too much fast food
2% Other

Locally sourced ingredients
Ethical choices
Reduce salt content dramatically

METRO READERS

Niqab or Blue Jays: Only one is worth the hype

KINGKADE'S CALGARY

Roger Kingkade

Baseball and politics: Two things people care about only when it's vogue to do so.

I'm an admitted fan of both. People who listen to my radio show probably cringe when I pivot from one to the other. The thing is, both are important gathering places. The other thing is, both are admittedly pretty boring.

Except when the Blue Jays make the playoffs at the same time that Jason Kenney and Naheed Nenshi get into a war of words.

If you're looking for a place to direct your barroom displeasure for the next three weeks or so, may I suggest the latter rather than the former? Truth is, people in Canada have something pretty meaningful to get excited about. The Blue Jays, after all, are trying to become World Champions of something. That's worth watching on TV. When Canada's women's soccer team was going for such a prize this summer, it was in fashion, wasn't it now? But when it's the Blue Jays, it's not cool, is that it? Are we being sexist? Because I think it is. Well, I don't really think so, but look ... there's a bandwagon to jump on here. And bandwagons are made for jumping on.

Case in point.

Renowned art broker/political interviewer Evan Solomon asked municipal champion Naheed Nenshi about the niqab issue that the Conservatives have woven into campaign discourse. Here's what he asked:

"I'm going to tell you something. The niqab issue is going to be a major issue. Gilles Duceppe of the Bloc has brought it up. (The fact) Stephen Harper has managed to change the question in Quebec from change to this niqab issue is massive. Tied in other issues like pipelines and so forth. But the niqab issue has become central. What do you make of that?"

How did Nenshi answer that mishmash of a query? Quite well.

He first called it dangerous, which sounds a bit hyperbolic. He followed up by explaining that this issue is "relevant to absolutely zero of us." A point well proven by the fact that literally none of us cared about the matter until we were told to by somebody with a vested interest in it — and here it is, getting us all on the bandwagon.

Kenney, in response, tried to make it seem that the opposition — the Mulcair crowd and people like him — are the ones making it an issue. He said it in a "you people" kind of way without saying "you people." Does that make him a racist? No, and he's not one.

If Canadians are looking for a common cause to come together, the niqab isn't it. That's something manufactured to divide us on an issue we didn't know existed. If we really want to feel some togetherness, the Blue Jays are offering something legitimate.

In closing, and in conclusion, now summing up ...

Josh Donaldson for PM and I hope we get four more years of exciting baseball. As for the government, it would be great if they played like major leaguers for a change and focused on what was important to this country.

Roger Kingkade co-hosts the Kingkade and Breakenridge show every weekday morning from 9 a.m. to noon on NewsTalk 770.

metroview
I raise my double double to you, fellow Brantfordians

Liz Brown
Metro | Toronto

Last week, I stumbled across a news story that has provided much insight into the origins of my Canadian patriotism.

Statistics Canada reports that my hometown, Brantford, Ont., is the city most proud of its Canadian identity, with 98 per cent of residents saying they take pride in just, well, being able to call themselves Canucks.

I'm convinced it's because this community cultivates pride in Canadian clichés in a way that puts Bob and Doug McKenzie to shame. Growing up there, you're constantly reminded that Brantford bred the world's greatest hockey player. And if you never move away, you think it's in perfect taste to hang Canadian flags as curtains on your bedroom window. A Sunday well spent is a game of street hockey, played to the sounds of The Tragically Hip (we once had a music festival called Hockeyfest), followed by domestic Canadian brews consumed in a garage.

As a kid, I knew that Wayne Gretzky's mom and dad — Walter and Phyllis — lived behind the Brantford Mall on Varadi Avenue and if you knocked on the door and asked nicely, Walter would take you for a tour of the basement that showcased memorabilia from his son's career. Walter had autographed sticks and pucks he'd gift to kids, like a sort of hockey Halloween.

As quickly as you can say Timbit, you're told that Brantford, per capita, has the most Tim Hortons of any city in Canada. So strong was this urban legend, that a Brantford Expositor reporter went on assignment to uncover the truth back in 2007. Much to the city's disappointment, her research revealed Moncton, N.B., held that crown. But, she confirmed that Brantford does have the most Tim Hortons per capita in Ontario, and once boasted the busiest store, which, during peak hours, had to call the police to control the drive-thru chaos.

We love this Canadian institution so much, we're also home to the factory that bakes the doughnuts. The central bakery that ships frozen Tim's goods across Canada is on the east side of the city and coats the area in that familiar sugary, fried doughnut scent. If you ever happen to visit Brantford, start sniffing as you approach on the 403, right near Wayne Gretzky Parkway.

I live in Toronto now, and I'm often mocked for my "strong Canadian accent" and love for pedestrian activities like drinking beer in a garage. I'm aware that reducing Canadian culture to hockey, doughnuts and beers in a garage is incredibly simplistic and doesn't come close to capturing the character of this country. But there's a charming innocence in loving your country so much you take pride in these tropes.

So I raise my double double to you, fellow Brantfordians. Congratulations for putting our city on the map once again.

metro
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Your essential daily news

Couture gowns like this Ralph & Russ fairytale to inspire at N.Y. Bridal Week, Oct. 10-12

The Girlboss guide to business

ENTREPRENEURSHIP

Author Sophia Amoruso spills the secrets to success

Amanda Valentovic
Metro | New York

Sophia Amoruso's book #Girlboss shares the story of how she started online clothing business Nastygal.com and turned it into a successful $100-million company before she turned 30.

When the book was released in May 2014, #Girlboss spent 18 weeks on the New York Times bestseller list, and last week Amoruso kicked off the release of the paperback at the Union Square Barnes and Noble with a conversation with Teen Vogue editor-in-chief Amy Astley.

Here are three things we learned about starting your own business from Sophia Amoruso:

Make something you love into your business

"It's not a bad thing to professionalize what you enjoy doing," says Amoruso. "It's what I did with vintage clothing."

If you really love your job, it will make your business more successful. Make sure that you're doing something you love because you want to, not because of the attention you might get.

"If you're seeking the limelight, it won't work," she says.

Be ambitious and a team player

When hiring someone, Amoruso looks for a person who is willing to work — but not someone who isn't willing to learn.

"They're ambitious, but not entitled," Amoruso says about employees she looks for. "If you're like that, no one will want to be around you."

When you stay organized and on top of your job, you'll stand out from the crowd.

Earn everything yourself

"Working for things is really important," Amoruso says.

The reward will taste so much sweeter when you know you've earned everything you've worked for yourself, especially if you've been working toward a goal for a long time.

"There's only one first time that you can earn something yourself," says Amoruso. After that, more motivation will come to keep reaching for new goals.

Sophia Amoruso KIMBERLY WHITE/ GETTY IMAGES

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Know yourself for better budgeting

MONEY

Changes mean nothing without true priorities

Gail Vaz-Oxlade
For Metro Canada

To ensure financial health, determine your goals and the things that matter most to you. ISTOCK

How many times have you tried sticking to a budget, using cash or noting your transactions in a spending journal? Tried and failed. If you want to stick with the changes you're making to better deal with your money, you should be able to identify at least one benefit you'll gain by making those changes.

Do you want to have more money in savings so you don't end up poor when you're old?

Do you want to set up an emergency fund so that when life throws caca at you, you have some options?

Do you want to get rid of your consumer debt once and for all so you're not always thinking about the disaster just around the corner?

What do you want? What's really, really important to you?

No two people are motivated by the same thing. I like having piles of money in the bank so that if anyone screws with me, I can tell 'em to take a long walk off a short pier. That's why I call my emergency fund my FU Account.

If I don't like what's happening, if someone tries to make me compromise my vales, I just tell them FU!

I can do that with confidence because I've forgone the snappy shoes, the latest gadget, the snazzy appliances to have money in the bank instead. I know what's really important to me.

Do you know what's really important to you?

Grab a pen and piece of paper and write down the things that you consider the most important to you. Don't just write down what you think will make a good list. Be honest about what you want. Write down the things that really matter to you.

What makes you happy? What defines who you are? Where do you wish you were in your life? You may have to come back to your list a few times. Think. Jot notes. Think some more.

> **What makes you happy? What defines who you are? ... What's really, really important to you, and what are you prepared to give up to get what you truly want?**

The next step is to write down the goals you want to achieve over the next year, two years and five years. What do you want to accomplish? Write down everything you can think of.

Pick three things you think are most important from your list. That will mean ranking all your goals one, two, three in terms of importance, and then going back, pulling all the things you labelled with a one and then ranking those one, two, three.

Eventually you'll begin to see clearly what you're prioritizing.

It may take some time. You may be surprised. But you should at least know what turns your crank the most so you're not fighting against your own best efforts.

Now compare your goals to what's really important to you. You may have ended up with "vacation" on the top of your goals list, while you're jawing on about "living debt free." I'm not here to judge. It's your list.

So which is it? What's really, really important to you, and what are you prepared to give up to get what you truly want?

Good luck resolving your conflicts.

For more money advice, visit Gail's website at gailvazoxlade.com.

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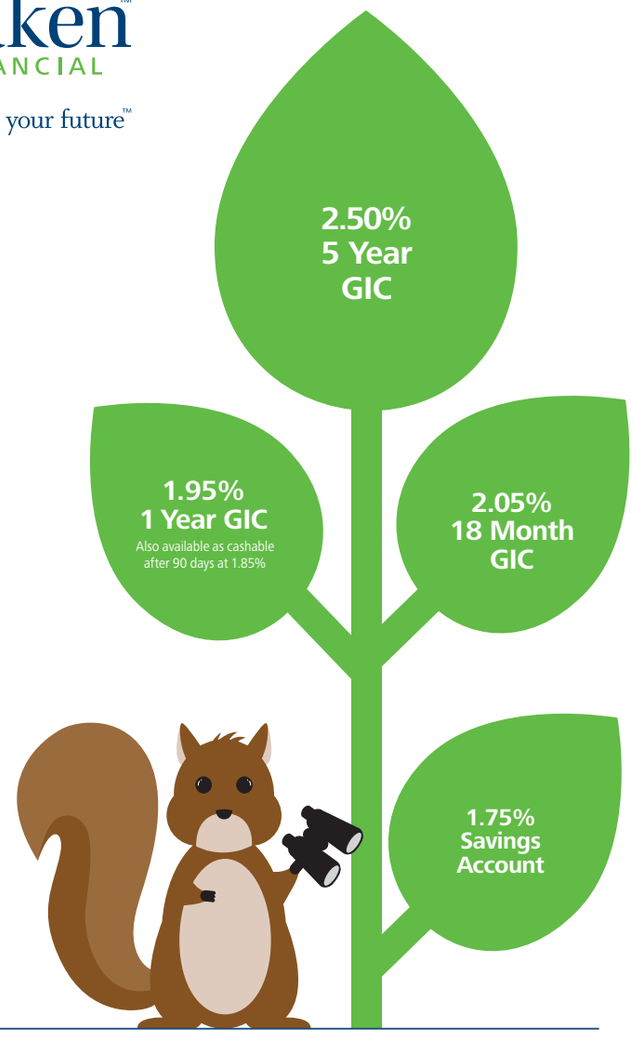

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The sweet taste of good morale

OFFICE SPACE

Providing snacks for workers adds to happiness

Eleni Deacon
For Metro Canada

The recipe for exceptional workplace morale calls for fair paycheques, supportive bosses, and not-boring everyday work. But to truly ensure employees feel sprightly, the secret ingredients might be sugar and salt.

That's the implication of recent research from online grocery-delivery service Peapod. In a survey of 1,000 office workers, the company found that 56 per cent of full-time employees were "extremely" or "very" happy with their jobs. It's a promising outcome. However, those rates climbed to 67 per cent among workers at offices that offer a game-changing bonus: free snacks.

Could a stocked fridge really help employers stack the deck in their favour? Despite the survey's bite-sized sample size, the outcome suggests that satisfying workers' mid-afternoon munchies generates a higher level of overall satisfaction — which could potentially yield better-quality work and improved productivity. It seems almost ridiculous that a Clif bar or banana could have a dramatic impact on workers' opinions toward their jobs. But while free snacks may seem like a superfluous perk, the feeling they inspire — in addition to "full," that is — might make a deep impression.

Providing free snacks to employees can give a substantial boost to morale, according to new research. ISTOCK

When presented with complimentary nibbles, few employees will pass up the chance to chow down. But their ensuing contentment may not result from the fact of a full stomach so much as the sense of being valued by their employer. Feeling appreciated by your direct supervisor is different than feeling appreciated by the organization for which you work. Free snacks, while seemingly of low significance, could provide a daily reminder that your company thinks beyond the bottom line.

There's an argument to be made that food is a decoy: when work piles up, companies subtly encourage employees to toil harder and later by providing enough sustenance that they never have to get up from their desks.

But many organizations, whether or not they're handing out no-charge pretzels, have the same expectation. Millennials, among whom workplace refreshments were the most popular, may not simply guzzle the extra fuel because they're entitled or shallow or easily charmed. In a market where employers increasingly choose not to offer fully loaded contract packages that include substantial "extras" like benefits or pension plans, small perks can carry a big — if inflated — value in terms of morale.

Almonds won't compensate for a toxic boss or uninspiring work. But they might help employees feel less cranky about hiking to work every morning. At the very least, because they won't end up working on an empty stomach.

HEALTH BRIEFS

Zen of washing dishes

Doing the dishes could reduce stress by 27 per cent and increase inspiration by 25 per cent.

Florida State University conducted an experiment on 51 volunteers, where half were asked to read instructions on how to wash dishes, written in a mindful manner. The other group was asked to read classic instructions. Each participant then washed plates before answering a questionnaire. The volunteers who washed dishes in a state of complete awareness by focusing on the fragrance of the dish-washing soap and contact with the dishes had a 25 per cent increase in their feelings of inspiration and reduced their anxiety by 27 per cent.

The group that had done the dishes in a more traditional manner felt no difference in their well-being or state of mind. AFP

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BOOKS

Use a Type B personality to be a great manager

Raquel Laneri
Metro | New York

Guess what: You can be nice, sensitive and introspective and still be a good boss.

It's a common misperception — even in HR — that in order to be an effective leader, you need to be aggressive, intimidating and brash. But those characteristics don't necessarily work, says Victor Lipman, author of The Type B Manager: Leading Successfully in a Type A World.

"I was a manager at a Fortune 500 company for almost 25 years," he says, citing a culture that often prized Type A personalities over more empathetic ones. "And one of the many things that I saw over the years was that management was not very effective."

How ineffective? Lipman cites a Gallup survey that found only 30 per cent of employees are engaged in their jobs. The Type B Manager hopes to remedy that, debunking oft-held stereotypes about what makes an effective boss. Lipman talks to Metro about what why sensitive souls tend to be good leaders, and gives us some tips about dealing with confrontation, conflict and underperforming employees in a nice way.

Build loyalty

"If you break management down to its essence, it's all about getting work done," says Lipman.

> **Most people chafe under too much authority.**
> Victor Lipman, author of The Type B Manager

"And many qualities normally associated with Type Bs — like being more laid-back, easygoing, patient, reflective, and being good communicators allow you to build relationships with people, and ultimately gets people to do the kinds of things you want them to do."

These characteristics also help build loyalty, and engagement among employees.

"Most people chafe under too much authority, too much control," adds Lipman.

Set employee goals

One way to minimize conflict down the road is to lay out your employees' objectives clearly so that they understand their goals and responsibilities.

"Spend a lot of time on the results that you and the organization expect of them — behaviourally, if that's an issue, in terms of productivity, whatever the metrics are — and make sure that these results are as clear and measurable as they can be," advises Lipman.

Look for motivations

Not all workers are motivated by the desire to please their bosses, like it or not.

But, the good thing about being a communicative and empathetic boss is that you can find out what makes your employees tick — whether that's flexibility, so that they can take time off to go to a kid's baseball games or work from home sometimes to care for an elder family member, a bigger office, or, yes, money.

"Good managers who take the time to get to understand their employees will start to understand what they really want." says Lipman.

Conflict happens

Hey, you can be the coolest boss in the world, but you're still going to be placed in uncomfortable situations.

Yes, conflict is scary, but no one likes it. "The notion of management without high standards isn't management at all," Lipman says.

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Flu and false

GET THE SHOT

Setting the record straight on the flu vaccine

Rhonda Riche

The flu virus can change from year to year, so each year's vaccine is updated. SHUTTERSTOCK

Seasonal influenza, commonly known as the flu, is a respiratory infection caused by a virus. It's called 'seasonal' influenza because it's most common during a particular season — like the Canadian winter.

Millions of Canadians catch the flu, and most will recover from it within 10 days. But influenza lowers the body's ability to fight off other infections that can lead to serious complications, such as pneumonia and bronchitis. It can also cause havoc for people with medical conditions, such as diabetes, lung disease, heart disease, kidney disease or cancer.

So why do so many people resist getting the flu vaccine? People offer up all kinds of excuses, from being afraid of needles (don't worry, a nasal vaccine is also available) to the claim that someone got the shot and became sick anyway.

According to Dr. Michael Libman, director of the J.D. MacLean Centre for Tropical Diseases at McGill University, McGill University Health Centre, there are several reasons a person may get sick following the flu shot. For instance, some people may be confusing another illness with the flu.

"There are many other infections that begin to circulate at the beginning of the season," says Libman. "Or they may have already been exposed to influenza or exposed before the vaccine protection kicks in (it takes a couple of weeks to become effective). But people get a shot and then come to the conclusion that the vaccine caused them to become sick."

There are also several subtypes of flu virus, and no single vaccine can protect you against them all. Health officials try to predict which bugs will be most prevalent in a particular season, then create a vaccine designed to guard against them. Sometimes the projections are off: In 2014, the Public Health Agency of Canada admitted that the H3N2 influenza virus had mutated after that year's flu vaccine was developed, leading to a dramatic increase in outbreaks.

Yet that's no reason to avoid the vaccine, says Libman.

"There's evidence suggesting that exposure to the virus through vaccination helps build up immunity against that virus," he says. "Some protection is better than none. And in many cases, the symptoms are not as severe as they would be had you not gotten the vaccine."

And, he adds, it helps protect against spreading the virus.

"Which is very good for protecting the elderly and those most susceptible to severe infection."

The cold hard facts on colds and flu

When it comes to preventing and treating cold and flu, separating myth from fact is a real challenge — especially in an era when we can Google our health queries and come up with a thousand different responses.

"The internet can validate almost any opinion on anything in some capacity, so it's always best to ask your doctor," says Dr. Pierre Plourde, medical officer of health and infectious diseases specialist for the Winnipeg Regional Health Authority. For example, if you were to Google "ice cream cure," you might find claims that a pint of Rocky Road will make short work of your stuffy nose (it won't).

This bias is also reflected in the myth that you can catch a cold by being cold. While it's true that more people get sick in the late fall to early spring, the cool temperatures don't cause the cold. If anything, it's huddling together indoors that's the culprit. "It's totally predictable that cases increase during that time," says Plourde. "We move inside and are in closer contact with people who may be sick."

Another popular misconception is that you should feed a cold and starve a fever. In reality, the expression should be feed a cold and feed a fever. Healthy food can soothe your symptoms and boost your immune system to get you back on your feet faster. And yes, chicken soup with vegetables can help ease the effects of respiratory illnesses like cold and flu: research suggests that the soup inhibits the movement of the most common type of white blood cells so that they stay in the upper body to fight infection.

Another study showed that the broth helped increase the flow of mucus. At the minimum, a warm bowl of soup helps you stay hydrated.

When you're feeling poorly, it's best to keep up as many healthy habits as possible. Which contradicts another myth: to avoid exercise when you're sick. While you may feel like staying in bed under 10 blankets when you have a cold, mild to moderate physical activity may actually help you feel better by opening your nasal passages and relieving congestion. The key is listening to your body. Don't overdo your workout, stop if you feel tired, and avoid exercising if you have a fever or if your cold symptoms are below the neck.

If you have the flu, you should skip your workouts until you have recovered. You should also avoid hitting the gym while you are contagious to prevent spreading infection to others.

Research suggests that soup inhibits the movement of the most common type of white blood cells so that they stay in the upper body to fight infection. SHUTTERSTOCK

In the meantime, if you have questions about any cold or flu remedies, Plourde encourages people to call their local public health unit to get the straight goods on preventing and treating cold and flu.

RHONDA RICHE

VACCINE INFO

- The flu vaccine is free.
- The best time to get vaccinated is just before the onset of flu season (October).
- Anyone over 6 months of age is advised to get vaccinated.
- The effects of the flu vaccine can wear off, so you need a booster every flu season.
- The flu virus can also change from year to year, so each year's vaccine is updated.

Find up-to-date recommendations, frequently asked questions and more at canada.ca/flu.

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metro SPORTS
Your essential daily news

Ichiro Suzuki hit 88 m.p.h. during a one-inning relief appearance for the Miami Marlins

IN BRIEF

Parades boots Stamps to win in Grey Cup rematch

Kicker Rene Paredes hit two field goals in the final minute to give the Calgary Stampeders a 23-20 win over the Tiger-Cats in Hamilton on Friday night.

He hit a 37-yard walk-off field goal after making a 46-yarder to tie the game with 48 seconds left. Calgary improves to 11-3, tops in the CFL West, while Hamilton drops to 8-5 and a share of first place with Ottawa in the East.

Brandon Banks and Jeff Mathews had touchdowns for Hamilton and Marquay McDaniel scored for Calgary.

Paredes was 5-for-7 in field-goal attempts, connecting from 51, 36, 29, 46 and 37 yards and missing from 52 and 43.

THE CANADIAN PRESS

Luck-less Colts tame Jaguars in overtime

Adam Vinatieri kicked a 27-yard field goal with 4:36 left in overtime to give the Colts a 16-13 victory over Jacksonville — and an NFL record-tying 15th consecutive win over a division opponent.

The 1972-73 Miami Dolphins also won 15 straight.

Matt Hasselbeck made his first start since November 2012 in place of the injured Andrew Luck, and led the Colts (2-2) on a 53-yard march to step up the winning points. He threw a touchdown pass earlier in the game.

THE ASSOCIATED PRESS

Blue Jays stumble into ALDS against Rangers

MLB

Rays swiftly dispatch Buehrle in season finale

The Toronto Blue Jays' first-round playoff picture is complete as they'll face the Texas Rangers in the American League Division Series.

The AL East-champion Blue Jays will play host to the AL West-champion Rangers in Game 1 Thursday at Rogers Centre.

David Price will start for the Blue Jays, while Yovani Gallardo is expected to take the mound for the Rangers to begin the best-of-five series. Gallardo went 2-0 against Toronto this season and didn't allow a run.

The Blue Jays had a chance to earn home-field advantage throughout the playoffs but went 1-4 in their final five games after clinching the AL East, including a 12-3 loss Sunday to the Tampa Bay Rays. Despite that, the Blue Jays are healthy and confident going into the post-season.

"Tough last couple days, but we're feeling good right now," manager John Gibbons said. "Really, I guess you can say us and Texas are probably the two hottest teams the last two months. It's probably going to be a pretty good matchup."

Blue Jays second baseman Ryan Goins tags out the Rays' Brandon Guyer on Sunday in St. Petersburg, Fla. STEVE NESIUS/THE ASSOCIATED PRESS

The Blue Jays were 50-51 when they acquired shortstop Troy Tulowitzki on July 29 and went 43-18 down the stretch. The Rangers were 48-52 that day and finished 40-22.

Toronto won four of the six games between the teams this season.

"It's still somewhat of a good feeling knowing that we actually played pretty well against Texas this year," right-fielder Jose Bautista said. "Most of us do pretty well in that ballpark when we play there, too. It's one of those places where we always put up a lot of runs. It's a hitters' park just like ours. That's probably going to help us."

The Kansas City Royals, who led the AL for months, won five straight to end the season and earn home-field advantage. Kansas City will face the winner of the AL wild-card game between the New York Yankees and Houston Astros.

In the National League, the New York Mets will face the Los Angeles Dodgers, while the Central Division-champion St. Louis Cardinals will play the winner of the wild-card game between the Pittsburgh Pirates and Chicago Cubs.

While the Blue Jays popped champagne to celebrate their division title Wednesday in Baltimore, Texas needed a victory on Sunday to clinch the AL West. The Rangers' celebration was on clubhouse televisions at Tropicana Field after the Blue Jays' game against the Rays.

Cole Hamels, whom the Rangers acquired at the deadline before the Blue Jays got Price, started the final game of the regular season and would be on regular rest to pitch in Game 2 Friday.

Jays left-hander Mark Buehrle, whose attempt to reach 200 innings for the 15th consecutive season ended after he got only two outs Sunday, said he was told he would not be on the post-season roster.

"I'm disappointed, but they made the right decision," Buehrle said. "Those guys have been throwing the ball way better than I am, so they deserve to be on it. I'm going to travel and cheer my rear end off, and hopefully bring this thing back to Toronto." THE CANADIAN PRESS

TULO HEALTHY

Shortstop Troy Tulowitzki doubled in three at-bats during his second game after missing three weeks due to a cracked scapula and upper back bruises. He went 2-for-5 Friday.

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RECIPE Basil Pesto Pizza with Ricotta and Sun-dried Tomatoes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Making pizza with flatbread means it comes together in a snap.

Ready in
Prep time: 20 minutes
Serves 4

Ingredients
- 2 cloves garlic, peeled and quartered
- 2 cups baby spinach
- 1 cup basil leaves
- 1/2 cup finely grated Parmesan
- 1/2 cup olive oil
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 large store bought flatbread
- 1 Tbsp olive oil
- 1 cup ricotta cheese
- 1/2 cup shaved Asiago cheese
- 1/4 cup chopped sun-dried tomatoes
- chopped basil for garnish

Directions
1. Preheat the oven to 375. Prepare a baking sheet with parchment paper.
2. In a food processor, mince garlic, then add the spinach, basil, Parmesan, oil and salt and pepper. Purée until smooth, scraping down the sides of the bowl as necessary.
3. Lay the flatbread out onto the prepared baking sheet. Sprinkle with a bit of olive oil. Spread the pesto across the top of the flatbread leaving a 1/2-inch border around the edges. Drop heaping tablespoons of the ricotta onto the pesto. Sprinkle with Asiago and sun-dried tomatoes
4. Bake for 8 to 10 minutes, or until the edges of the crust are golden brown and the cheese is melted. Remove from the oven and sprinkle with chopped basil and slice into triangles to serve.

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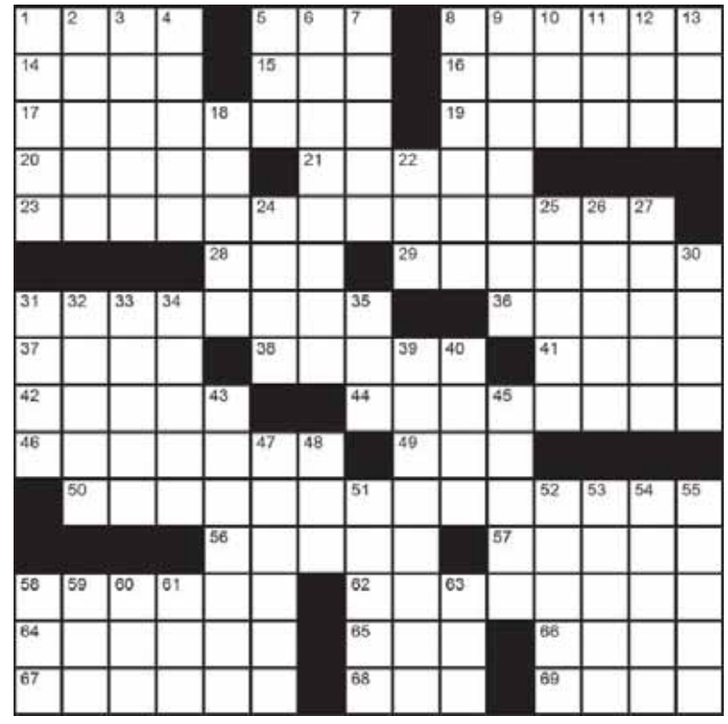
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Dungeon's demeanour
5. Ancient yrs
8. "Poseidon" (2006) actress Emmy
14. Celebrity hairstylist Jose
15. __-dee-dah
16. Light bulb moment exclamation!
17. Roman Emperor portrayed by Malcolm McDowell in 1979
19. Actress Julia
20. __ __ nothing
21. Pros opposites
23. Decorative artistry for which Metis people are renowned: 2 wds.
28. "__ of Love" (1989)
29. Autumn, and others
31. Ontario folk festival since 1961
36. Director's creation
37. Grad
38. Women's fitness magazine
41. Went
42. Chesterfields
44. __-Benz
46. "Bambi" (1942) character
49. "Rock and Roll, Hoochie __" by Rick Derringer
50. L'__ __ (Worn around the waist, traditional clothing accessory of the Metis that is also functional)
56. "__ __ is an island entire of itself..." - John Donne
57. Like a shoe's support
58. Venerable
62. __ flechee (Also worn in traditional French-Canadian apparel, alternative name of #50-Across' answer)
64. Robinson __ (Daniel Defoe's 1719 book)
65. 'Capital' suffix
66. Make _ __ for it (Go!)
67. Items that sound off in the kitchen
68. Mr. Danson
69. Sizeable story

DOWN
1. Choice of coffee
2. Have _ __ (Enjoy)
3. __ Yello (Soft drink brand)
4. Previous
5. __-ray player
6. Type of pipe made from the same-named gourd
7. Western film of 1953 starring Alan Ladd
8. Live somewhere
9. Did better competitively in the pool
10. Mister, in India
11. French seasoning
12. Li'l instrument
13. Pas' partners
18. Comprehend
22. '_ ' __ in Tadoussac
24. Russian author Mr. Tolstoy's
25. Serenader's song: "_ __ Mio"
26. Wandered
27. Cook's tool
30. TV __ (Electronics purchases)
31. Ship spar
32. Hawaii = The __ State
33. "Tell Me Something Good": 1974 hit for what band?
34. Islamic leaders
35. Kanga creator's monogram
39. Toy dog breed [var. sp.]
40. Fun suffix to 'Switch'
43. Support a walk-a-thon
45. Sir Arthur __ Doyle
47. Overacts
48. Spinning stat.
51. Unexpressed, but understood
52. Spanish titles for Misses, for short
53. Honda car
54. Cardigan-like garment
55. Carrion-consuming creature
58. Perform
59. Mr. Geller
60. Dental floss brand
61. Operate
63. "__ better be!"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may want to start something new but before you do get the views of people you trust. There may be something you have missed that could cause problems later on.

Taurus April 21 - May 21
You may be tempted to get vocal with someone who has let you down but the planets warn that they hold the upper hand at the moment. Try criticizing them later in the week instead.

Gemini May 22 - June 21
You can be easygoing to a fault but you cannot expect others to be as accepting of the current situation as you are. Don't let others spoil your buoyant mood.

Cancer June 22 - July 23
Your feelings for a certain individual will reach a peak over the next few days, which is nice, but this may not be the best time to reveal your true thoughts and intentions. Keep them secret just a little while longer.

Leo July 24 - Aug. 23
Certain resentments will come out into the open where they can finally be dealt with. You have no choice but to confront them.

Virgo Aug. 24 - Sept. 23
You need to take care of certain duties that you have been avoiding. You've put them off long enough: now you must knuckle down and get ahead of the game. If you don't you will fall even further behind.

Libra Sept. 24 - Oct. 23
You will find it easier to express yourself when Mercury turns direct in your sign towards the end of the week. Between now and then though keep your thoughts and feelings to yourself.

Scorpio Oct. 24 - Nov. 22
Your feelings will be magnified to such an extent during the early part of the week that you may not be able to control yourself and that could cause trouble, especially at home.

Sagittarius Nov. 23 - Dec. 21
Cosmic activity urges you to have a good time socially but other aspects warn that authority figures still expect you to deliver on what you have promised. Work now, play later.

Capricorn Dec. 22 - Jan. 20
You may be hungry for success but you must not take liberties. Make sure there are no skeletons in your closet that your enemies can easily uncover. Bury them deep!

Aquarius Jan. 21 - Feb. 19
If a friend or colleague proposes that you do something different don't dismiss the idea out of hand. If you are too cautious now you may kick yourself later in the week.

Pisces Feb. 20 - March 20
Pisces is a mutable sign, and you are more flexible than most. That attribute should serve you well this week. While others are unwilling to adapt you will be making compromises and profiting from them.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3		2				5		8
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5				1				4
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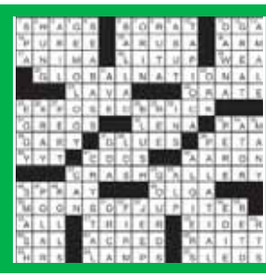

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9	1	8	2	4	5	7	6	3
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1	9	7	6	2	3	8	5	4
8	3	4	9	5	1	6	7	2
7	4	1	8	3	9	5	2	6
5	6	9	4	7	2	3	8	1
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